







## Off to the pokey

Not evolved. The Iowa duo who planned a "Boston Massacre" at Sunday's Pokemon World Championships were ordered held without bail until a dangerousness hearing. PAGE 02

James Stumbo, left, and Kevin Norton, right, attend their arraignment at Boston Municipal Court. / BOSTON HERALD

A different take on cartoons: 'Dirty Disney'

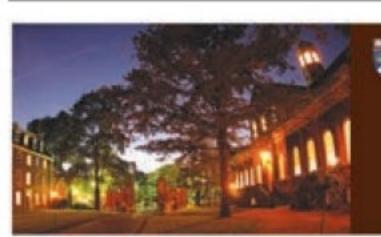
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Shannyn Sossamon isn't a scary movie fan



Brady has historically had slow season starts

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# **NEWS**

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- 'Video: "Either you buy these tickets, or I take your car"
- 2'Men accused of plot-ting Pokemon attack talked violence online'
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On the go

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# Pokemon plotters talked violent intentions online

Discard pile.

Suspects talked of "bullet holes" and a "Boston Massacre," authorities said.

The two men charged Monday for threatening an attack on the Pokemon World Championships in Boston boasted about their plans online, police

Kevin Norton, 18, and James Stumbo, 27, both of Iowa, were held without bail pending a Sept. 1 dangerousness hearing for what authorities have called serious threats against the competition, which was attended by thousands, many of whom were children.

Police reportedly found two high-powered firearms, a pile of ammunition and a hunting knife on Friday in a vehicle the pair were driving. They were arrested in a Saugus hotel room Saturday, police said.

"Inside, there were a lot of kids," Boston Police Commissioner William Evans told reporters Monday morning. "Thank God we were able to cut off whatever these two individuals coming from Iowa were up to."

After receiving tips from convention center authorities — who first were tipped off by Pokemon leadership - stopped the pair as they tried to enter the Hynes Convention Center on Thursday, police said. Police released the two and seized their car pending a search warrant, then arrested the men on Saturday, police said.

Evans on Monday could not say whether the two were



August 10 at 10 25 am Kevin Norton and I are ready for worlds Boston here we comet!! Z people like this. ✓ Seen by 21 Jeey Faux Good luck! Kevin Norton With killing the competition? James Stumbo, left, and Kevin Norton, right, both of Iowa, enter the courtroom to attend their arraignment at Boston Municipal Court. To the right is a screen shot of Stumbo's Facebook page, in which he shows two firearms on top of a vehicle, and Norton makes a reference to killing. / CHITOSE SUZUKI, POOL PHOTO

being monitored by police during the time they were released from custody. He said police believed the threat had been neutralized when officers seized the weapons, and added the men had not yet checked into the Saugus Red Roof Inn when their vehicle was impounded.

Messages online from the suspects included references to "bullet holes" and "creating another Boston Massacre," authorities said, as well as nods to the Columbine High School shootings.

"There were alarming social media posts, specifically Facebook forums, relative to threats of violence at the Pokemon World Championships," Suffolk County Assistant District Attorney Joseph Janezic said before praising law enforcement at Monday's arraignment.

Prosecutors said that Stumbo posted a status update saying, "My AR-15 'you lose." Norton's Facebook page has photos of him firing guns, officials said.

Defense Attorney Steven

Goldwyn said that the charges against Stumbo all pertain to possession, which he said did not qualify as probable cause for arrest because he was not in control of the car.

"The firearms were not found on his person," Goldwyn said. "He was not in possession of the firearms or the ammo and does not own the car.'

The two were said to have traveled to Boston from Iowa with a 12-gauge Remington shotgun and 244 shells, a DPMS Model AR-15 assault rifle with a high-capacity clip, a scope and 40 rounds, as well as a hunting knife in the car.

Neither men have criminal records. Norton and Stumbo stood in court wearing gym shorts and T-shirts. Norton had a camouflage hunting shirt on.

The two were arraigned on possession of unlicensed firearm charges, and have not yet faced charges for the alleged threats.



#### **Derailed?** Green Line extension price tag jumps \$1B

The cost set by the Green Line extension contractor for the first three stations is more than double the amount state and federal transit officials recently estimated, calling into question the full price tag of the new trolley line and whether the state can afford to build it.

Recently estimated at about \$2 billion - which

doesn't include the cost of financing - the full cost of adding seven new trolley stations in East Cambridge, Somerville and Medford could wind up as much as \$1 billion over budget, MBTA Interim General Manager Frank DePaola told reporters on Monday.

Officials who briefed the MBTA's Fiscal and Management Control Board on Monday afternoon are now looking to renegotiate with the contractor and alter the plans.

An early phase of building a new Lechmere Station, a spur to Union Square, and Washington Street Station in Somerville was estimated to cost \$387 million this past winter when the Federal

Transit Authority approved almost \$1 billion in federal funding.

"Everything's on the table, and everything includes canceling the project, but that's not where we want to go, but we need a project we can afford to build," Transportation Secretary Stephanie Pollack told reporters Monday. STATE HOUSE NEWS



#### Hazmat. Allston suspect IDed in container mystery

One man is in custody and an unidentified substance is being tested in a lab following Sunday's hazmat scare in Allston.

Police closed down part of the neighborhood after receiving a tip about a clear plastic container bearing the words "danger napalm" on Brighton Avenue, police said Monday. A second suspicious package was later discovered nearby on Harvard Avenue, police said.

Bomb and hazardous materials investigators later deemed the area clear to reopen, police said.

Police arrested Stephen Michael Schroder, 23, at his Brighton home. Schroder, who police said was not a student, faces charges for disturbing the peace and two counts of using a hoax explosive device.

A witness reportedly told police they saw Schroder place a similar container behind 90 Harvard Avenue. Officers soon after arrested the man on prior arrest warrants,



Brighton Avenue in Allston NICOLAUS CZARNECKI, METRO

according to a report.

In his home, investigators found other "suspicious substances," but the Boston Police Department hazmat team determined the substances were harmless and disposed of them, according to the report.

Boston Police Commissioner William Evans told reporters Monday that some suspicious substances related to the incident were being tested in a lab. SPENCER BUELL

#### Violence

#### Police seek suspects in Eastie machete attack

An argument ended in a machete attack in East Boston on Sunday night.

Authorities said two men approached the two victims on Chelsea Street and an argument turned violent at about 11 p.m.

One of the suspects pulled out a machete and swung it at the victim. The victim was taken to the hospital for non-life-threatening injuries.

Police on Monday were looking for two Hispanic men between the ages of 20 and 25. They were described as thin, weighing around 130 to 160 pounds, and were both about 5-feet-8. They were both wearing blue jeans, T-shirts and backpacks, police said.

There were two other men who joined the suspects in the argument. They weren't considered primary suspects, police said. NATE HOMAN

# Painful Varicose Veins & Swollen Legs?



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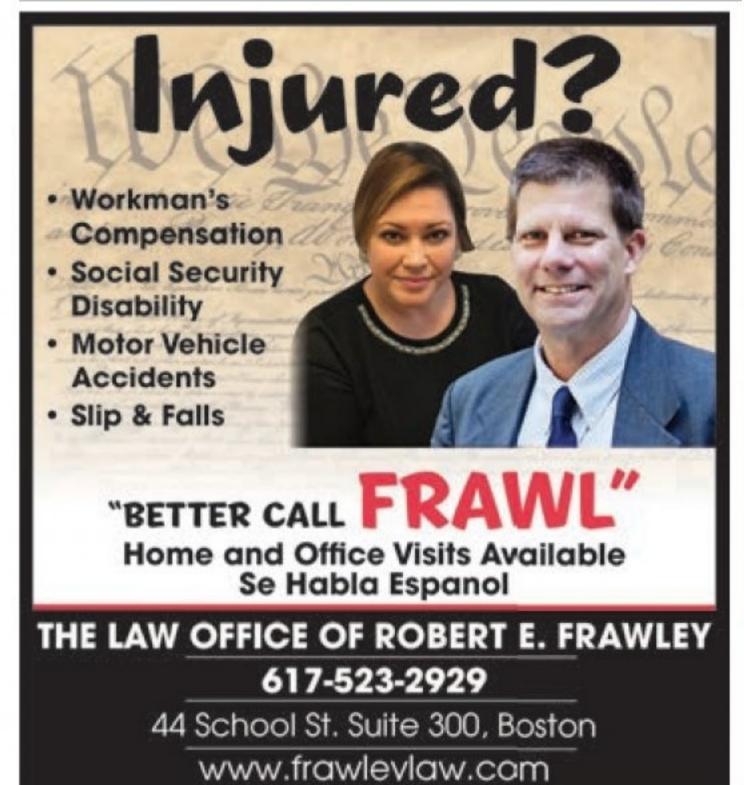
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## Dirty Disney is serving up musical, cartoony sleaze

#### Bedknobs and Broomsticks.

Comedians' X-rated improvised songs are shocking sold-out crowds in Fort Point.

Fans of "Cinderella" and "Peter Pan," shield your eyes. Or don't.

A troupe of Boston improv comedy veterans are taking the Disney tunes you know and love and morphing them into X-rated masterpieces, made up on the spot.

Dirty Disney's raunchy sendups have so far found a gleeful audience in the city, the show's stars told Metro this week even those who thought they knew what they were getting into.

"It's funny. They come in with an expectation that the show is going to be dirty—it is what it is. And they're still shocked every time we sing 'The Circle of Life' about a massive black dildo," said cast member Patrick Parhiala. "It's like, 'No, this is what you wanted."

The show works like this: audience members pick a gross or sexy prompt (venereal disease, sex positions) then a number at random that corresponds with a Disney tune. It's the cast's job to blend them together. A pianist supplies the



If you go

#### **Dirty Disney**

Sept. 18, the Button Factory; 50 Melcher St. Tickets are \$10

live background music.

The results? Gems like "Got the Clap," sung to the tune "Let It Go" from "Frozen," or "We're Having Sex Tonight," sung to Randy Newman's "Toy Story" classic "You've Got a Friend in Me."

It's the brainchild of Catalyst Comedy, the performers behind the made-up songs of the Boston Unscripted Musical Project. And it's catching on. Both of Dirty Disney's oncea-month shows so far have been sold out, and the cast said tickets are selling fast for performances booked through December at the cozy Boston Button Factory venue in Fort Point.

Almost all the buzz so far has been through word of mouth, said co-founder Pablo Rojas.

He and his peers said they believe the Dirty Disney ethos is so appealing because it taps into our desire to subvert the sacred and reject the restrained.

After all, said Rojas, people have been secretly consuming adult twists on pop culture — pervy cartoons and the like — for decades.

"It's very clear the public wants this," Rojas said. "I think in general, people are good and fun-loving and they like wholesome things, but when you tell them they can only do things in one specific way, there's this reaction of, 'really? Why?"

The show's allure can also be traced back to pre-puberty, said co-founder and resident director Misch Whitaker, an established local improv comedian who also works as a nurse and studied human development.

We all had sexual thoughts as kids, she said, and it isn't uncommon for children to have the hots for cartoons they grow up watching.

"I had a crush on ["The Little Mermaid" co-star] Prince Eric," Whitaker said. "There's a certain joy in going back to what you were attracted to in your childhood and then having fun with the idea of it."

Stay tuned. Founders said the show's success has them considering moving the show to a bigger venue in the city, or adding more performances to their calendar.

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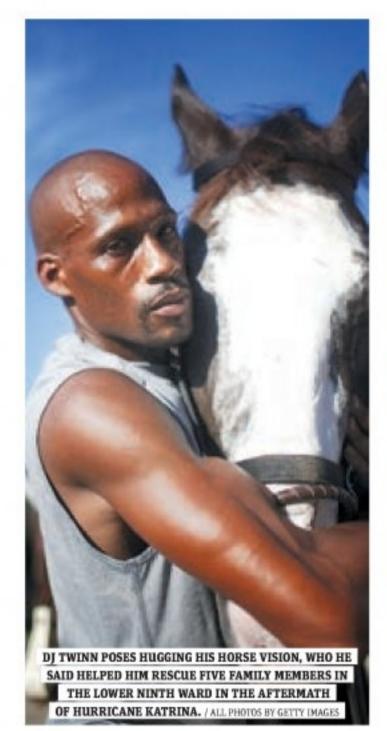
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## Faces of New Orleans 10 years after Katrina













## Five things you need to know

#### France honors Americans, Briton who disarmed train gunman

French President Francois Hollande on Monday awarded France's highest honor, the Legion d'honneur, to three U.S. citizens and a Briton who helped disarm a machine gun-toting suspected Islamist militant on a train last week.

"Faced with the evil called terrorism, there is a good - that's humanity. You are the incarnation of that," Hollande told the

four men.

Spencer Stone, a 23-yearold U.S. airman traveling with two friends on the train from Amsterdam to Paris on Friday, told reporters on Sunday how he plugged the blood-spurting wound of another passenger with his fingers after he himself was

wounded by the attacker. "I just stuck two of my fingers in the hole, found what I thought to be the artery, pushed down,

and the bleeding stopped," he said at a news conference alongside his friends, student

Anthony Sadler, also 23, and National Guardsman Alek Skarlatos, 22. REUTERS

#### Drone with drugs, porn seized near prisons, two arrested

Two men have been arrested for allegedly trying to fly drugs and pornography into Maryland prisons using a drone, authorities said on Monday, the second U.S. prison incident involving drones in a month.

The men were arrested late on Saturday near the Western Correctional Institution and the North Branch Correctional Institution at Cumberland in western Maryland, the state prison department said.

A spokesman said officers seized pornographic video discs, tobacco, a loaded handgun, illegal drugs and the drone. REUTERS

#### Louisiana trooper dies after being shot in head

A Louisiana trooper died after being shot in the head by a man who told him, "You are going to die soon," Louisiana State Police said on Monday.

Senior Trooper Steven Vincent, 43, had pulled over to assist the driver of a Dodge pickup truck in a ditch on Sunday afternoon, state police said.

The driver, Kevin Daigle, who was driving recklessly earlier, then pulled out a sawed-off shotgun and fired, striking the trooper in the head. A camera in the officer's vehicle captured the shooting on videotape,

VINCENT

authorities

said. REUTERS

#### FTC has authority to police cybersecurity

A U.S. appeals court said the Federal Trade Commission has authority to regulate corporate cybersecurity and may pursue a lawsuit accusing Wyndham hotels of failing to safeguard consumers' information.

Monday's decision by the 3rd U.S. Circuit Court of Appeals in Philadelphia upheld an April 2014 lower court ruling allowing the case to go forward.

It arose from breaches in 2008 and 2009 in which hackers broke into Wyndham's computer system and stole credit card information from more than 619,000 consumers, leading to \$10.6 million in fraudulent charges. REUTERS

#### Apple to replace some iPhone 6 Plus cameras over blurry photos

Apple said it would replace a limited number of iPhone 6 Plus phone cameras due to faulty back cameras that take blurry photos.

The affected phones were mostly sold in a four-month period between September 2014 and January 2015.

The company said a small component in the affected 6 Pluses' iSight back camera may fail.

Apple said it would replace the phones' cameras free of charge if they take blurry photos and fall into a particular serial number range. REUTERS



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#### Movie gunman. Holmes is 'monster' and is destined for 'hell,' victim says

The Colorado movie massacre gunman is destined for the "darkest, most painful part of hell," a sobbing victim testified on Monday at the start of a three-day hearing after which James Holmes will be formally sentenced to life with no parole.

"I will never forgive the monster that sits in this courtroom, smiling and laughing with his defense attorneys when the jury and your honor are out of the room," said Anita Busch. whose second cousin, Micayla Medek, was among the 12 people Holmes killed.

She said there were no words to explain the agony and despair that Holmes had put their families through.

"[He] will reside in the deepest, darkest, most painful part of hell."

The 27-year-old was found guilty last month of murdering 12 people and wounding 70 during his July 2012 rampage at a packed midnight screening of a Batman film in the Denver suburb of Aurora.

The jury did not reach a unanimous decision to execute the former neuroscience



graduate student, meaning he will get a life sentence.

About 100 victims are expected to testify at this hearing. They cannot address Holmes directly.

Megan Sullivan described for the court becoming an only child when her brother

While the first-degree murder convictions carry a dozen automatic, consecutive life sentences with no parole, Arapahoe County District Court Judge Carlos Samour must formally impose the penalties. REUTERS

Alex was murdered.

## This is the business school of the future

#### **Education.**

Interdisciplinary programs combine engineering, design and entrepreneurship for more innovative solutions.

In today's marketplace, specializing in one field is no longer enough. Instead, those who are looking to start their own company, invent something revolutionary or just improve the mechanics of a certain product need to have a handle on multiple areas.

Business schools are finally responding to this need. The Darden School of Business at the University of Virginia has just launched a new Innovation, Design and Entrepreneurship in Action course for MBAs. And Carnegie Mellon Univer-

sity's Integrated Innovation
Institute, created in 2014 and
offered at both the Pittsburgh
and Silicon Valley campuses
(with a possible Brooklyn location TBA), is the first businessoriented graduate program in
the U.S. to cross-train its students in engineering, product
design and entrepreneurship.

"Engineering, design and business make a product performance-ready, desirable and economically viable," says Peter Boatwright, co-director of the Integrated Innovation Institute and professor at the Tepper School of Business. "When you think about innovation, it's got to be multidisciplinary if it's going to work."

Boatwright tells us why it's important for both MBAs and techies to branch out and diversify.

### It marries creating with making money

Who hasn't worked in a place

where innovators and creators have clashed with the moneymakers and purse stringholders? By teaching engineers how to run a business or MBAs the basics of product design, you're not only creating an understanding between these groups, you're leading the way to more innovative, more affordable and more life-changing products.

"The integration of these skills takes away the 'them' and 'us' and pulls it together into a collective 'us,'" says Boatwright. "Think of it as a step up from collaboration."

#### Students get handson experience

As part of Carnegie Mellon's Integrated Product Development course, students work in teams to recognize and conceptualize new product opportunities in the marketplace — often for corporate partners.

For spring 2015, for



example, Volvo Construction Equipment sponsored a student group working to advance construction site safety. The result: SiteAware, which uses a laser radar, or LIDAR, system and cameras to help employees better navigate their surroundings and avoid injuring others and themselves while operating machinery.

"Some of the companies see in the news what Carnegie Mellon is capable of doing, and they come to us," Boatwright says. "Volvo, after the fact, said [SiteAware] was superb. They didn't expect, in the world of safety, for a team of students to do something safer than what they had thought of."

### It will boost your job marketability

Boatwright, along with co-directors Jonathan Cagan and Eric Anderson, created the Institute at a time when major companies felt the need to improve their approach to innovation.

So far, it seems to be true: Microsoft, MakerBot Industries and Nissan are only a few companies to already hire graduates of the program.

"There's a need to understand how to create value and do a better job," says Boatwright.

ASIA EWART @metronewyork letters@metro.us

## STEM. The real reason why there are more women studying science



Encouraging more women to pursue careers in science, technology, education and math — the so-called STEM fields — is a worthy goal, given the potential payoff for our economy and for women who get jobs in these higher-paying fields.

One surprising way to make it happen: Suffer through a recession.

New research has found that increased unemployment leads both genders to move toward fields associated with better earnings and job prospects, and that women are more likely to shift their majors in that direction than men. The switch to more mathintensive majors contradicts the stereotype that women are less capable of success in STEM fields, according to a paper published by Institute for the Study of Labor, a German research center.

No one knows why women seem to be more sensitive to economic conditions than men, although previous research has shown women's decisions to work and invest in higher education are more closely associated with economic conditions than are men's labor market decisions.

The study used the Ameri-

One more thing

#### All about the Benjamins

The study was not trying to show that business and STEM majors are "better" than liberal arts ones. Nor was it gauging which fields make people happier or which careers are best for society.

But it did find that increased income from switching to better-paying majors helped offset some of the lifetime loss of income that happens when people graduate in a recession. The offset made recessions "10 percent less painful" for graduates.

can Community Survey, an ongoing Census Bureau study, to examine what fields people have chosen over the past 50 years. The sampled population represents about 5 percent of all college grads in that period.

Among women, business fields upticked the most when unemployment rose. REUTERS



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While fans are still reeling from the news that One Direction is reportedly splitting up next year to focus on solo projects, I've already moved on to prognosticating how they'll be enjoying their newfound freedom. (Yes, the obvious answer is "doing whatever Simon Cowell tells them to do," but still.) So, after this tour wraps up in October and their new album comes out in February, what

will the boys eventually be doing with themselves? Funny you should ask.

Harry Styles: Freed from his boy band shackles, the de facto frontman will likely abandon music altogether in pursuit of cheeky film and TV cameos and, I dunno, opening a salon or something.

Liam Payne: The "serious"

one will probably put out a collection of his take on Frank Sinatra's oeuvre. It'll be as terrible as it sounds.

Liam Tomlinson: He'll have that baby with that woman he totally got pregnant, then maybe schedule some male bonding time with Styles.

**Niall Horan:** Who? Oh right, the Irish one. Riverdance. Definitely Riverdance.



#### Drake and Serena, in Cincinnati, K-I-S-S-I-N-G

Thanks to some super-grainy cellphone pictures posted to TMZ, we have pretty solid confirmation that there's truth to the rumors about Drake and Serena Williams being an item that have been floating around all summer. The pair dined at a swanky Cincinnati restaurant — apparently Cin-

cinnati has fancy restaurants, who knew? — and were spotted looking extra cozy and lip-locked. Earlier that same day, Williams won the local WTA tournament with Drake doing his new regular thing: watching her play from the stands. Hey, it beats fending off Meek Mill jabs, right?









**Interview.** The actress may not like the "Sinister 2" genre, but she still wants you to go see it.

In "Sinister 2," Shannyn Sossamon plays a mom trying to protect her twin sons from an abusive dad from whom she's run away ... and also an evil spirit named Bughuul who, unbeknownst to her, has its sights on her sons. As it turns out, Sossamon, a mother of two, can't relate to either staying with a bad husband or the horror genre, despite occasionally work-

ing in it. But it was the drama aspect that appealed to her anyway, feeding into her belief that true horror

Shannyn

Sossamon

**GETTY IMAGES** 

and dysfunction starts at

#### I heard you aren't a fan of horror movies.

It's true. Yes, I am not, and I don't see them in the theater, and I don't stop on them when I'm watching television, which I don't watch much of. But I do think you should see "Sinister 2" in a theater! [Laughs]

#### Is it that you freak out when watching them?

I just get scared too easily. I'm a drama queen about it. I don't want to put my nervous system through that. But I do love a good psychological thriller. I did go see "The Babadook," which people had been telling me I had to see. And I did enjoy it. It was scary, but there were parts that were really amazing.

Regardless of how you feel about the genre, in "Sinister 2" you're not really involved in the horror business until the end. For most of it,

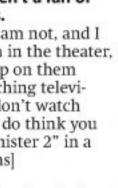
you're a mother trying to protect her kids from

an abusive father. She's unaware of it until the end, so I had to focus on that. I remember speaking with the director [Ciaran Foy before the shoot started, and that's what he wanted: "This is a family story, and I wanted it to be just as important as the horror." What I also thought was really beautiful is that he wanted to show the link between the ghoul and dysfunctional parenting - how the chain of evil starts in the home, in the way we raise our children.

#### How much did you draw on your own experiences as a mother?

It was my ticket in, as far as stakes go. She's trying to protect her kids, trying to make a better life for them. But there were other things I had to work on that I couldn't quite relate to.

That was a huge question. I had to figure out why she stayed with him for so long, because I can't relate. I did find little links. It really is hard for women to see that it's unhealthy. They don't



#### Did you do research into victims of spousal abuse?

know it because the love is so



unknown in "A Knight's Tale," you had to struggle to learn the craft on the job, in front of everyone. Do you feel more comfortable with acting these days?

I have fallen in love with being an actor, for sure. It was little by little over the years. It grows and grows. To be really good at anything, you need a fierce, passionate desire. I'm glad I'm finally there. It's a lot more fun now. It just took me some time.

strong at first. I think when you fall in love with people, at first they can do really crazy things. You can go blind because of the original feeling you had for them. The abuse] wasn't happening at first. It just started to happen later. And then it got a little worse and a little worse. I was able to figure out why she was with him for so long.





STAND UP PADDLE BOARDS

PIG ROAST (FIRST 500 PEOPLE) \* FAMILY FUN \* GAMES

#### metro.us/horoscopes

**Aries** Frustration will develop if you allow others to take control. For safety's sake, all money matters should be dealt with personally.

Taurus You have to be wary, or your trusting nature will end up being a liability. Don't dive into a joint venture until you have done research.

Gemini Slow down, because making a move prematurely will work against you. Listen to what others are saying before you charge ahead.

Cancer You can make progress, provided you don't let greed or emotional issues cloud your judgment. Be realistic about your goals.

Leo Difficult people will pose a challenge for you. Don't let insecurity hold you back. Compromise will help you deal with an argument.

Virgo Brooding at home won't help you get over the blues. Plan a fun activity and try to get out and enjoy life. You might learn something.

Libra A creative project will help distract you from an upsetting personal problem. Try to see your situation rationally to find a solution.

Scorpio The information you gain while traveling will aid you in achieving your professional goals. Don't get drawn into a battle of wills.

> Sagittarius Be true to yourself and fight for what you believe in, no matter what others say or do. Don't let fear of reprisal hold you back.

Capricorn Don't reveal information that will cause others to talk about you. A tumultuous relationship will improve if you are attentive.

#### metro.us/crossword

#### Across

1 Give a high-five

5 10-4 buddy

9 Seattle's Sound

14 Covers

15 Den or burrow

16 Wife's brother (hyph.)

17 Unaware of 19 Persona non -

20 Herr in Madras

21 Motor lodges

22 Clumps of dirt

23 Regular

25 "The Mammoth Hunt-

ers" author 26 Blank space

27 Spotted

30 It may be mounted

33 Mr. Karloff 34 Grade-schooler

36 Lab medium

37 "Cape Fear" star 38 Blondie's shrieks

39 In a snit

40 Accord maker 41 Portfolio item

42 Defy orders

44 Address part

45 Browser bookmarks

46 Mr. Kipling

50 Milk producer 52 Leafless

53 Rock's - Fighters

54 LaBelle or LuPone

55 Not evergreen

57 Standoffish

58 Novelist — Waugh 59 Ponder

60 Jane Fonda's dad

61 Bad cut 62 Implored

#### Down

1 Walk through puddles

2 Autumn sign

3 Impromptu (hyph.)

4 Tire pressure meas.

5 Gym exercise (hyph.) 6 Kentucky explorer

7 Green-egg layers

8 Legal matter

9 Sow's young 10 Put down a rug

11 Pleased

12 Gourmandizes 13 Pan Am rival

18 Indispensable

22 - pie

24 Disney CEO Bob -

25 Heart outlet

27 Stale

28 Just scrapes by

29 Embankment

30 Toast topper 31 | say!

32 Dry riverbed

33 Ulna and tibia

How to play

Fill in the grid so that

every row,

and every 3x3 box con-

every column

tains the dig-

its 1-9. There

You solve the

puzzle with

reasoning

and logic.

is no math

involved.

35 Summer hrs. 37 Selflessly

metro.us

38 Catch a glimpse 46 Hotfoots it 51 Nile sun god 40 Appall 47 Run - of 52 Composer - Bartok 41 Helped out 48 Shake awake 54 Cry of disdain

49 Gave medication

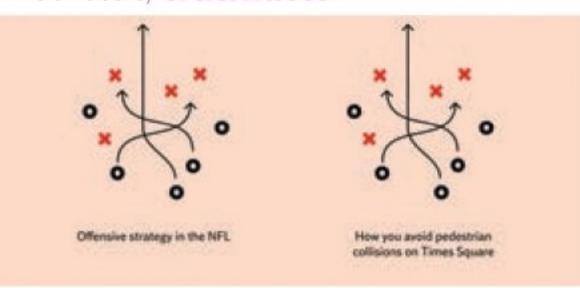
50 Broad lowland

#### For crossword answers, go to metro.us/crossword-answers

#### metro.us/truthfacts

43 Wooing one

44 Swiss financial hub



BY WULFF & MORGENTHALER/TRUTHFACTS.COM

55 Mr. Hammarskjold

56 Ref's cousin

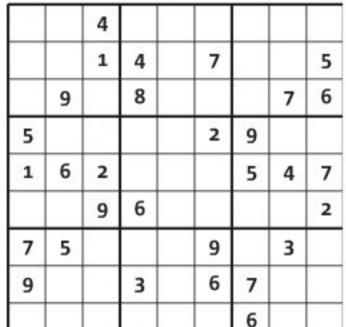


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#### metro.us/sudoku

| eas |   |   |   |   |   |   |   |   |
|-----|---|---|---|---|---|---|---|---|
|     |   |   |   |   | 9 |   |   |   |
|     | 6 | 5 | 3 |   |   | 1 |   | 7 |
|     | 3 |   |   |   |   | 4 | 6 |   |
| 2   |   |   |   | 6 | 4 |   | 1 | 5 |
| 4   |   |   |   | 3 |   |   |   | 9 |
| 9   | 1 |   | 2 | 5 |   |   |   | 4 |
|     | 8 | 1 |   |   |   |   | 2 |   |
| 6   |   | 7 |   |   | 3 | 9 | 8 |   |
|     |   |   | 8 |   |   |   |   |   |



hard 6



## Harness the power of your stress

Stanford prof Kelly McGonigal on making anxiety your back-toschool superpower.



eva.kis@metro.u

Kelly McGonigal may be the most excited about back-toschool season.

"I wish all stress were as good as back-to-school stress," the Stanford University professor tells us. "There is some obvious meaning attached to it; it's a perfect opportunity to take a growth mindset because the entire point of one's education is to grow and to learn. All the way from childhood, there's that sense of possibility when a new school year begins."

As a health psychologist and lecturer, she sees stress every day on the pressure cooker that is her campus and spent years telling people how to manage it. But research led her to realize there is a serious mind-overmatter effect when people learned to see their anxiety as an asset, which led to her new book, "The Upside of Stress."

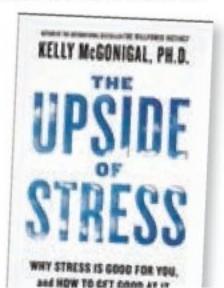
If her description of the beginning of the school year took you back to a time, there's a reason. The technical term for McGonigal's tactics in the book is quick-intervention mindset shifts — "really great things we can remind ourselves of that I think are much more intuitive when we're younger," she explains.

The objective: Give your stress meaning. In trying to ditch the negative connotation of the word, McGonigal devised a different definition: "Stress is what arises when something you care about is at stake."

Keep that in mind and follow her tips to step confidently into the new school year.

#### Draw a mental map

Outlining your goals gives everything — the long lectures, the missed parties, the tough tests — purpose. Think about what you want to offer the world, how you think the world should be



different, the change that you want to see, what you would like to do to contribute to that change, and think about how your education is enabling you to be that kind of person and make that kind of contribution. "That makes everything from math problems less boring and more interesting to making it easier to persevere when you experience academic setbacks," she says.

#### Set stress goals

Instead of trying to control things you can't - traffic, illness - give yourself stress goals like running a half-marathon or taking a higher-level course. Rather than taxing your resources, this is what will build them up. "I'm always looking for a new course to teach, a new school to teach [at] — but it's a good reach. I'm always encouraging my students of all ages to think about how they want to develop and what would be a challenging experience that will cause them stress and [to] grow."

#### Reclaim your energy

You don't have to take 20 deep breaths or control your anxiety to succeed. See your anxiety before an exam as a resource, rather than a sign that you're gonna blow it, says McGonigal. "You come to understand that your

pounding heart means that your body is getting ready to help you rise to the challenge — it means your brain is getting more energy. Kids and adults who release more adrenaline before an exam tend to score higher.

"One of the biggest mistakes people make is to think the goal is to never experience stress so they teach a lot of strategies for squashing it, like deep breathing. There's nothing wrong with deep breathing, but you don't need to be calm all the time in order to achieve or succeed; you can view that same stress as motivation and ask yourself, 'How do I want to use that energy?'"

#### Embrace biology

Use your homesickness as motivation to build new roots, connect with people and try new things - it's what it's there for. "We have that experience - the emptiness, the loneliness or feeling overwhelmed — to push us to engage with the world. The biology of loneliness is to increase the hormone in your body that makes you want to be around people," she explains. Those hormones also make it easier to connect, which is why you tend to develop intense bonds during freshman year. "The worst thing you can do is wait for it to go away."



"People often feel like they don't belong and are often uncertain about their ability to reach their goals. It's exceptionally rare not to have that experience, and it doesn't mean that you're unable to reach your goals," McGonigal says. "That can actually be a positive source of motivation — as you persist, as you survive, that sense of wondering 'Can I do this? Am I right here? Are people looking at me and expecting me to fail?" changes over time."

#### Enjoy your weekend.

Lawn mowing, babysitting, painting, vacuuming, dusting, gardening...

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the 2015 season.

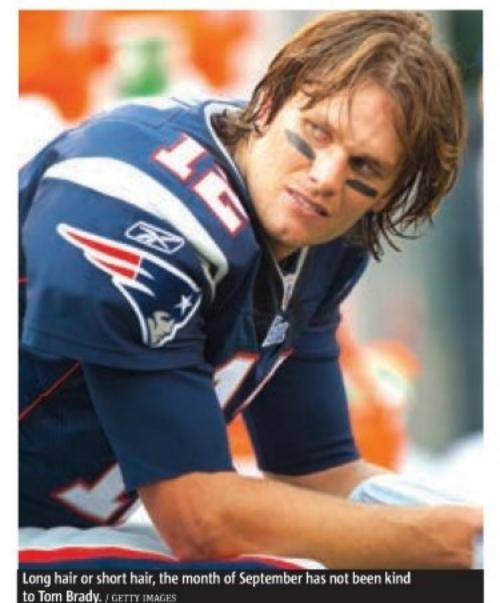
## Brady far from Mr. September

NFL. If Tom Brady is allowed to play this September, he likely won't light it up.

Tom Brady likely loathes the month of September, and not just because that was the month in which he once had his knee smashed to smithereens by Bernard Pollard. The fact is, Brady typically gets off to slow starts during the course of a regular season. And in recent years, No. 12 has looked more like Joe Flacco than Joe Montana in the season's first month.

With things still up in the air as far as Brady's Deflategate suspension goes, it remains to be seen if he will play in September of 2015. But regardless of whenever he begins play this season, do not expect him to be in February form from the jump.

There was plenty of attention regarding Brady's poor play in September of last year.



He averaged 20.2 completions on 34.2 attempts in the first four games of 2014 and threw for an average of just 197.7 yards. He only threw four touchdown passes total and was picked off twice. The Pats went 2-2 in the stretch, bottoming out on the Monday night from hell in Kansas City.

What has been overlooked, however, is that Brady has sputtered out of the gate for a while now. In September of 2013, the Pats went 4-0 but Brady was the definition of mediocre. He threw for over 300 yards just once and had a passer rating of over 100.0 just once.

In September of 2012, the individual numbers were there as he had a passer rating of over 100.0 in three out of four games. But the Pats lost to the Cardinals at home in Week 2, and the Ravens in Baltimore on a Sunday nighter the following week. By Week 4 of that season, Brady figured things out as the Pats walloped the Bills, 52-28, in Buffalo with Brady throwing three touchdown passes and zero picks.

In 2010 and 2011, Brady had two respective September clunkers. In Week 3 of 2011, he threw four picks at Buffalo in a 34-31 Pats loss. In 2010, Rex Ryan's Jets made Brady look mortal as he threw two picks and had a passer rating of just 72.5 in a 28-14 loss in the Meadowlands.

As for the here and now, reading into preseason games is a fruitless undertaking. But those who were hoping to see Brady take out some Deflategate anger on the Packers and Saints in the past few weeks were surely disappointed. This August, Brady is 3 for 9 for 23 yards with zero touchdowns and zero interceptions.

Jimmy Garoppolo, meanwhile, has been solid this August. His combined numbers read: 48-of-63 for 428 yards, one touchdown, two picks and an average rating of 85.9.

Brady missing any regular season time is a nightmarish situation for the Pats. But if games are to be missed, September really isn't the worst time for it.

MATT BURKE @Burke\_Metro sports@metro.us

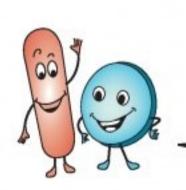


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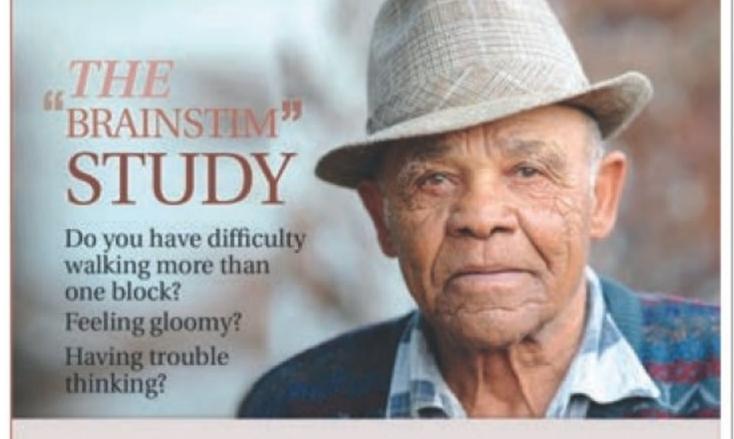


This study involves: Office visits & phone calls; Medication or placebo; Temperature testing



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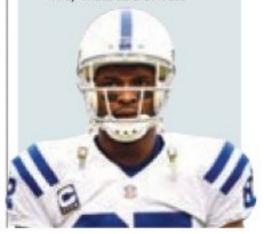
Participation is paid up to \$520 Parking is provided or reimbursed.

Please contact Rachel Harrison for more information at 617-971-5449 or Rachel Harrison@hsl.harvard.edu.

#### The old guard

The Patriots made it official Monday, signing wide receiver Reggie Wayne to a one-year deal.

- "He's certainly had a great career and has done a lot of things for the Colts organization, primarily playing on the left but then in more recent years being moved around to playing on the right and also in some slot situations," Patriots head coach Bill Belichick said of Wayne on WEEI.
- Another age-challenged receiver, Randy Moss, made some headlines this past weekend, hinting that he'd like to return to the NFL. "I have been retired for the last two years, but you never know. It's the love of the game that I still have inside me," Moss said on Fox.



#### MEDICAL RESEARCH

#

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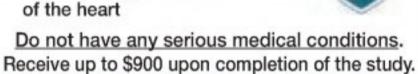
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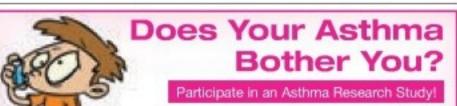


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Study Details: Eligible participants receive psychiatric evaluations, two blood draws and all study medications free of charge.
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For more information, please contact the RAPID Trial Study Coordinator at: 617-525-6497 or RCNET@partners.org Brigham and Women's Hospital, A Teaching Affiliate of Harvard Medical School



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#### **LEGAL NOTICES**

#### INFORMAL PROBATE PUBLICATION NOTICE

Docket No. SU15P1675EA

Commonwealth of Massachusetts The Trial Court Probate and Family Court

Estate of: Molly G. Bond Also Knowns As: Date of Death: June 3, 2015

#### **Suffolk Division**

To all persons interested in the above captioned estate, by Petition of Petitioner Arthur D. Bond, Jr. of Chestnut Hill MA a Will has been admitted to informal probate. Arthur D. Bond, Jr. of Chestnut Hill MA has been informally appointed as the Personal Representative of the estate to serve without surety on the bond.

The estate is being administered under informal procedure by the Personal Representative under the Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner.



#### LEGAL NOTICES

#### MORTGAGEE'S NOTICE OF SALE OF REAL ESTATE

By virtue and in execution of the Power of Sale contained in a certain Mortgage given by Cartos M. Montoys to Mortgage Electronic Registration Systems, Inc. as nominee for Nation One Mortgage Company, Inc., its successors and assigns, dated February 27, 2006 and recorded with the Suffolk County Registry of Deeds at Book 39110, Page 304 subsequently assigned to HSBC Bank USA, National Association, as Trustee for Nomura Asset Acceptance Corporation Mortgage Pass-Through Certificates, Series 2006-AF2 by Mortgage Electronic Registration Systems, Inc. as nominee for Nation One Mortgage Company, Inc., its successors and assigns by assignment recorded in said Suffolk County Registry of Deeds at Book 49286, Page 311; of which Mortgage the undersigned is the present holder for breach of the conditions of said Mortgage and for the purpose of foreclosing same will be sold at Public Auction at 1:00 PM on September 8, 2015 at 8 Hecia Street, Boston (Dorchester), MA, all and singular the premises described in said Mortgage, to wit:

The land with the buildings thereon in that part of Boston formerly called Dorchester and shown as Lot 6 on a plan showing house lots in Dorchester owners by W.R. Clark, April 1894, H.T. Whitman, Surveyor, Guincy, Mass., recorded with the Suffolk Deeds in Book 2294, page 220, bounded and described as follows: Northerly by Hecia Street, Forty (40) feet; Easterly by Lot 7 on said plan, fifty-seven and 72/100 (57.72) feet; Southerly by part of Lot 12 and small part of Lot 13, thirty-seven and 8/100 (37.08) feet; and Westerly by lot 5 on said plan, sixty and 20/100 (60.20) feet. Containing 2286 square feet of land more or less according to said plan. Subject to restrictions of record so far as now in force and applicable. For title reference see deed recorded herewith.

The premises are to be sold subject to and with the benefit of all easements, restrictions, building, and zoning laws, liens, afterney's fees and costs pursuant to M.G.L.Ch. 183A, unpaid taxes, tax titles, water bills, municipal liens and assessments, rights of tenants and parties in possession.

#### TERMS OF SALE:

A deposit of FME THOUSAND DOLLARS AND 00 CENTS (\$5,000.00) in the form of a certified check or bank treasurer's check will be required to be delivered at or before the time the bid is offered. The successful bidder will be required to execute a Foreclosure Sale Agreement immediately after the close of the bidding. The bitance of the purchase price shall be paid within thirty (30) days from the sale date in the form of a certified check, bank treasurer's check or other check satisfactory to Mortgagee's attorney. The Mortgagee reserves the right to bid at the sale, to reject any and all bids, to continue the sale and to amend the terms of the sale by written or oral announcement made before or during the foreclosure sale. If the sale is set aside for any reason, the Purchaser at the sale shall be entitled only to a return of the deposit paid. The purchaser shall have no further recourse against the Mortgagor, the Mortgagee or the Mortgagee's attorney. The description of the premises contained in said mortgage shall control in the event of an error in this publication. TIME WILL BE OF THE ESSENCE.

Other terms if any, to be announced at the sale.

HSBC Bank USA, National Association as Trustee for Namura Asset Acceptance Corporation, Mortgage Pass-Through Certificates, Series 2006-AF2

Present Holder of said Mortgage, By its Attorneys, ORLANS MORAN PLLC PO Box 540540 Waltham, MA 02454 Phone: (781) 790-7800 14-019160

8/18, 8/25, and 9/1/2015

#### MORTGAGEE'S NOTICE OF SALE OF REAL ESTATE

By virtue and in execution of the Power of Sale contained in a certain Mortgage given by Scot S. Farley to Wells Fargo Bank, N.A., dated March 19, 2010 and recorded with the Suffolk County Registry of Deeds at Book 46239, Page 108; of which Mortgage the undersigned is the present holder for breach of the conditions of said Mortgage and for the purpose of foreclosing same will be sold at Public Auction at 9:00 AM on September 8, 2015 at 5 Mountfair Terrace, Boston (Hyde Park), MA, all and singular the premises described in said Mortgage, to wit:

The land referred to in this policy is situated in the State of Massachusetts, County of SUFFOLK, and described as follows: ALL THAT CERTAIN PARCEL OF LAND SITUATED IN CITY OF HYDE PARK BEING KNOWN AS THE LAND WITH THE BUILDINGS THEREON, SITUATED IN THE HYDE PARK DISTRICT OF BOSTON, SUFFOLK COUNTY, MASSACHUSETTS, BEING SHOWN AS LOT 1 ON A PLAN ENTITLED "PLAN OF FAIRMOUNT TERRACE", BY R.J. HOOPER, RECORDED WITH SUFFOLK DEEDS, BOOK 4051, PAGE 513, BOUNDED AND DESCRIBED AS FOLLOWS: NORTHEASTERLY BY FAIRMOUNT TERRACE, SIXTY-FOUR AND 16/100 (64.16) FEET, MORE OR LESS; SOUTHEASTERLY BY LOT H AS SHOWN ON SAID PLAN, THIRTY-NINE AND 66/100 (39.66) FEET; SOUTHWESTERLY ON LAND NOW OR FORMERLY OF WILKINSON AND PARTLY NOW OR FORMERLY OF RUSSELL, SIXTY-FOUR AND 16/100 (64.16) FEET; NORTHWESTERLY BY LOT 3 AS SHOWN ON SAID PLAN, THIRTY-EIGHT AND 50/100.(38.50) FEET MORE OR LESS. CONTAINING ACCORDING TO SAID PLAN 2507 FEET. APN #: 1810543000 Being the same property conveyed to SCOT S FARLEY, TENANCY NOT STATED by deed from EVELYN T. BUSHEY, TENANCY NOT STATED, dated 10/07/1998, filed 10/07/1998 and recorded in Deed in Book 22983, Page 134 in SUFFOLK County Records. Upon information and belief, there is an error in the legal description attached to the mortgage, wherein the subject premises is erroneously referred to as Lot 1; the subject premises is known as Lot 1 on plan recorded with Suffolk Deeds, Book 4051, Page 513.

The premises are to be sold subject to and with the benefit of all easements, restrictions, building and zoning laws, liens, attorney's fees and costs pursuant to M.G.L.Ch.183A, unpaid taxes, tax titles, water bills, municipal liens and assessments, rights of tenants and parties in possession.

#### TERMS OF SALE:

A deposit of FIVE THOUSAND DOLLARS AND 00 CENTS (\$5,000.00) in the form of a certified check or bank treasurer's check will be required to be delivered at or before the time the bid is offered. The successful bidder will be required to execute a Foreclosure Sale Agreement immediately after the close of the bidding. The balance of the purchase price shall be paid within thirty (30) days from the sale date in the form of a certified check, bank treasurer's check or other check satisfactory to Mortgagee's attorney. The Mortgagee reserves the right to bid at the sale, to reject any and all bids, to continue the sale and to amend the terms of the sale by written or oral announcement made before or during the foreclosure sale. If the sale is set aside for any reason, the Purchaser at the sale shall be entitled only to a return of the deposit paid. The purchaser shall have no further recourse against the Mortgagor, the Mortgagee or the Mortgagee's attorney. The description of the premises contained in said mortgage shall control in the event of an error in this publication. TIME WILL BE OF THE ESSENCE.

Other terms if any, to be announced at the sale.

Wells Fargo Bank, N.A.

Present Holder of said Mortgage, By Its Attorneys, ORLANS MORAN PLLC PO Box 540540 Waltham, MA 02454 Phone: (781) 790-7800 14-019139

August 18, 2015, August 25, 2015 and September 1, 2015

#### NOTICE OF MORTGAGEE'S SALE OF REAL ESTATE

By virtue and in execution of the Power of Sale contained in a certain mortgage given by Candy Mei Tak Lo to Mortgage Electronic Registration Systems, Inc., dated October 22, 2002 and registered with the Suffolk County Registry District of the Land Court as **Document No. 643506 Certificate of Title No. C-99488**, of which mortgage the undersigned is the present holder by assignment from Mortgage Electronic Registration Systems, Inc. to Washington Mutual Bank dated September 13, 2006 and registered with said Registry on September 19, 2006 at Document No. 726246 as noted on Certificate of Title No. **C-99488** and by assignment from Federal Deposit Insurance Corporation, as Receiver of Washington Mutual Bank to JPMorgan Chase Bank, National Association dated November 16, 2012 and registered with said Registry on December 12, 2012 at Document No. 812132 as noted on Certificate of Title No. **C-99488**, for breach of the conditions of said mortgage and for the purpose of foreclosing, the same will be sold at Public Auction at **11:00 p.m. on September 9**, on the mortgaged premises located at 315 Allston Street, Unit 315-3, Washington Square Condominium, Brighton (Boston), Suffolk County, Massachusetts, all and singular the premises described in said mortgage,

#### TO WIT:

Unit No. 315-3 ("Unit"), a Unit in THE WASHINGTON SQUARE CONDOMINIUM ("Condominium"), created pursuant and subject to the provisions of Chapter 183A of the General Laws of Massachusetts, by Master Deed dated September 3, 1985 and filed with the Suffolk County Registry of Deeds - District of the Land Court as Document No. 395327 and noted on Master Certificate of Title No. C-99, as amended of record ("Master Deed").

The post office address of the Unit is:

Unit 315-3

315 Aliston Street, Brighton (Boston), Massachusetts

Said Unit is conveyed together with the following:

1. An undivided percentage interest appertaining to the Unit in the common areas and facilities of said Condominium as set forth in the Master Deed.

The exclusive right and easement to use certain portions of the common areas and facilities of the Condominium as set forth in the Master Deed or in the Unit Deed to the Mortgagor (if any).

The Unit is laid out as shown on a plan attached to the first Unit Deed for said Unit, recorded with said Deeds, to which is affixed the verified statement of a registered architect, registered professional engineer or registered land surveyor, certifying that the plan shows the Unit designation of the Unit hereby conveyed and of immediately adjoining units, and that it fully and accurately depicts the layout of the Unit, its location, dimensions, approximate area, entrance, and immediate common area to which it has access, as built.

Said premises are hereby conveyed subject to and with the benefit of, as the case may be, the following:

- 1. The provisions of Massachusetts General Laws, Chapter 183A, as amended.
- 2. Easements, agreements, restrictions, rights, reservations or conditions contained in or referred to in the Master Deed.
- 3. The terms and conditions of the Condominium Trust, By-Laws and Rules and Regulations promulgated pursuant thereto and filed with said Deeds, as amended.
- The obligations to pay the proportionale share attributable to said Unit of common expenses.
- Such taxes attributable to said Unit for the current fiscal year as are not now due and payable.
- The rights of other Unit Owners to exclusively use certain common areas and facilities, as set forth in the Master Deed (if any).
- 7. Provisions of existing building, and zoning laws.

For mortgagor's(s') title see deed registered with Suffolk County Registry District of the Land Court as Document No. 539548, as noted on Certificate of Title No. C99-488.

These premises will be sold and conveyed subject to and with the benefit of all rights, rights of way, restrictions, easements, covenants, liens or claims in the nature of liens, improvements, public assessments, any and all unpaid taxes, tax titles, tax liens, water and sewer liens and any other municipal assessments or liens or existing encumbrances of record which are in force and are applicable, having priority over said mortgage, whether or not reference to such restrictions, easements, improvements, liens or encumbrances is made in the deed.

#### TERMS OF SALE:

A deposit of Five Thousand (\$5,000.00) Dollars by certified or bank check will be required to be paid by the purchaser at the time and place of sale. The balance is to be paid by certified or bank check at Harmon Law Offices, P.C., 150 California Street, Newton, Massachusetts 02458, or by mail to P.O. Box 610389, Newton Highlands, Massachusetts 02461-0389, within thirty (30) days from the date of sale. Deed will be provided to purchaser for recording upon receipt in full of the purchase price. The description of the premises contained in said mortgage shall control in the event of an error in this publication.

Other terms, if any, to be announced at the sale.

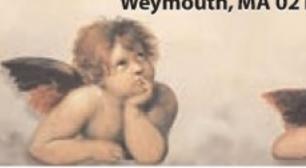
JPMORGAN CHASE BANK, NATIONAL ASSOCIATION Present holder of said mortgage By its Attorneys, HARMON LAW OFFICES, P.C. 150 California Street, Newton, MA 02458 (617) 558-0500 200903-2022 - PRP Professional

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Come by and fill out an application at New England Auto Delivery, 380 Dorchester Ave, South Boston. Office hours from BAM - 4PM, Mon-Fri, other times by appointment. Email at jobs@neautodelivery.com for information or call 617-269-3800 x 103 and ask for Chris

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